

HELLO NOVEMBER

SPA 5 & 6 Early Connections Newsletter

(Family, Infant, & Child Health)

Greetings Partners,

This is the November 2024 SPA 5 & 6 Early Connections (Family, Infant, & Child Health) Newsletter. This newsletter highlights local resources and information for families and children.

- **November is Native American Heritage Month**
 - Indigenous Peoples of the Americas: A Guide to Resources at the Library of Congress ([LINK](#))
 - Native American Artists
 - Across the United States, Native American artists are making trailblazing art.
 - These contemporary creators connect Native histories with the present moment. Learn more about their work along with artists who came before them. ([LINK](#))
- **National Veterans and Military Families Month**
 - This month, we honor all of our military and veteran families.
 - A Proclamation on National Veterans and Military Families Month, 2024 ([LINK](#))



Important Information

WIC RESOURCES FOR FAMILIES:

The Women, Infants and Children Program (WIC) offers nutrition education, breastfeeding support, community referrals, and healthy food options for babies, in-person, virtually, or by phone. Get more information and apply for WIC online at [Apply for WIC Online - Sign Up Here](#) | [PHFE WIC](#)





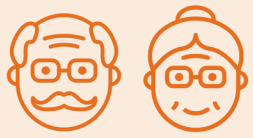
Help Me Grow LA helps families find services that can support their child's development. Call (833) 903-3972 or visit [HelpMeGrowLA.org](#)

Refer Your Friend or Family to Head Start

Do you have a friend or family member that can benefit from Early Head Start or Head Start? Have them call 1-877-Pre-K-Kid today!

If you're experiencing a **mental health crisis**, please call the National Suicide and Crisis Lifeline at 9-8-8, the [LA County Department of Mental Health Help Line](#) at (800) 854-7771 Available 24/7

FALL-WINTER IMMUNIZATIONS






	Who is eligible?	What immunizations are recommended?	When should I get it?
Influenza 	6 months and older	Flu vaccines are available as a shot or nasal spray. Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year.	September or October are ideal, but catching up later can still help.
COVID -19 	6 months and older	Updated COVID-19 vaccines protect against severe COVID-19 disease and death.	Get it now if at least two months have passed since your last COVID-19 dose.
RSV (Pregnant Persons) 	Pregnant persons during weeks 32-36 of pregnancy who haven't received RSV vaccine during a prior pregnancy.	Prenatal RSV vaccine helps to reduce the risk of severe RSV disease in infants (baby will receive protection that lasts for months after birth).	Recommended at 32-36 weeks of pregnancy from September to January to help protect your baby during RSV season.
OR			
RSV (Infants and Toddlers) 	All infants from birth to 8 months and children 8-19 months at high risk of severe RSV disease.	Immunization contains preventive antibodies that help fight RSV infections and are 90% effective at preventing RSV-related hospitalization.	Before or during RSV season, usually October-March.
RSV (Older Adults) 	75 years and older, 60-74 years at increased risk of severe RSV disease.	RSV vaccine protects older adults against RSV disease.	Available year-round. CDC encourages healthcare providers to maximize the benefit of RSV vaccination by offering in late summer or early fall. Booster doses are not recommended at this time.

Note: you can receive influenza, COVID-19, and RSV immunizations during the same visit.

Where to get vaccinated?

- Contact your doctor, local pharmacy, or visit [MyTurn.ca.gov](https://www.myturn.ca.gov).
- Need further assistance? Contact your [Local Health Department](#).
- Children who are Medi-Cal eligible, American Indian/Alaskan Native, uninsured and underinsured may get no cost vaccines through the [Vaccines for Children Program](#).

Thanks to Katelyn Jetelina, PhD, MPH and Caitlin Rivers, PhD, MPH for allowing CDPH to adapt this resource.

	¿Quiénes pueden vacunarse?	¿Qué vacunas se recomiendan?	¿Cuándo debo recibirla?
Influenza 	6 meses y mayores	Las vacunas contra la influenza están disponibles como inyección o aerosol nasal. La vacuna contra la influenza previene millones de enfermedades y visitas al doctor por la influenza cada año.	Lo ideal es septiembre u octubre, pero ponerse al día más tarde también puede ser útil.
COVID -19 	6 meses y mayores	Las vacunas contra el COVID-19 actualizadas protegen contra enfermedades graves y la muerte por COVID-19.	Vacúnese ahora si han pasado al menos dos meses desde su última dosis de COVID-19.
VRS (Personas Embarazadas) 	Personas embarazadas entre las 32-36 semanas de embarazo que no se han vacunado contra el VRS durante un embarazo anterior.	La vacuna prenatal contra el VRS ayuda a reducir el riesgo de enfermedad grave por VRS en los bebés (ayuda a proteger al bebé meses después de nacer).	Se recomienda entre las 32 y 36 semanas de embarazo, de septiembre a enero, para ayudar a proteger a su bebé durante la temporada del VRS.
VSR (Bebés y niños pequeños) 	Todos los bebés desde el nacimiento hasta los 8 meses y los niños de 8 a 19 meses con alto riesgo de enfermedad grave por VRS	La inmunización contiene anticuerpos preventivos que ayudan a combatir las infecciones por VRS y tienen una eficacia del 90% en la prevención de la hospitalización por el VRS.	Antes o durante la temporada del VRS, usualmente entre octubre a marzo.
VRS (Adultos mayores) 	Mayores de 75 años y adultos entre 60-74 años con mayor riesgo de enfermedad grave por VRS	La vacuna contra el VRS protege a los adultos mayores contra la enfermedad por VRS.	Disponible todo el año. Los CDC animan a los proveedores de salud a maximizar los beneficios de la vacuna contra el VRS ofreciéndola a finales de verano o principios de otoño. No se recomiendan dosis de refuerzo en este momento.

Nota: puede recibir las vacunas contra la influenza, COVID-19 y VRS durante la misma cita.

¿Dónde vacunarse?

- Póngase en contacto con su doctor, farmacia local o visite [MyTurn.ca.gov](https://www.myturn.ca.gov).
- ¿Necesita más ayuda? Póngase en contacto con su [departamento de salud local](#).
- Los niños que reúnen los requisitos de Medi-Cal, los indios americanos/nativos de Alaska, sin seguro o con seguro limitado pueden recibir vacunas sin costo a través del [Programa de Vacunas para Niños](#).

Gracias a Katelyn Jetelina, PhD, MPH y Caitlin Rivers, PhD, MPH por permitir que el CDPH adapte este recurso.

Help your child (2–8 years old) get a head-start in school!

Together, let's

EXPLORE

LEARN

GROW

FREE Monthly Virtual Workshops in English and Spanish



REGISTER: pbsocal.org/education/events

FIND GAMES: pbsocal.org

WATCH ON YOUTUBE: [@FamilyMathKids](https://www.youtube.com/@FamilyMathKids)

Stay updated with our monthly newsletter!

To learn more follow us on social media [@familymathkids](https://www.instagram.com/familymathkids)
and visit pbsocal.org/education



Ayude a sus niños (2–8 años)
a tener una ventaja en la escuela!

¡Juntos

EXPLOREMOS

APRENDAMOS

CREZCAMOS!

Talleres virtuales mensuales **GRATUITOS**
en inglés y español



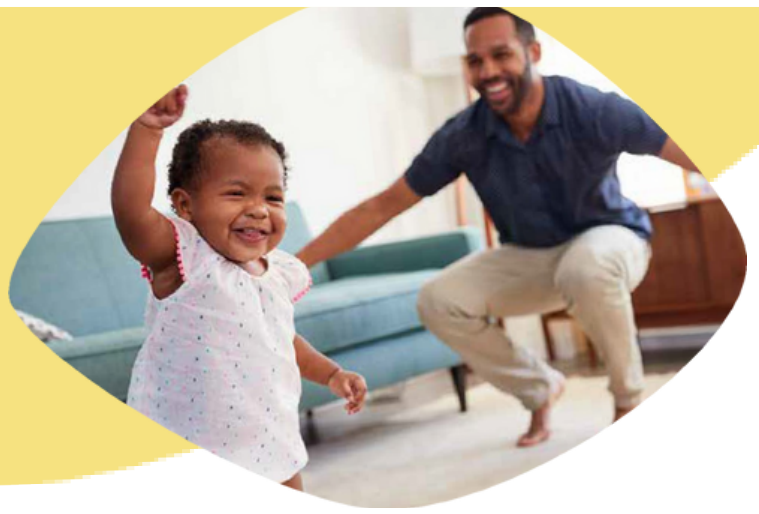
REGÍSTRESE: pbsocal.org/educacion/eventos

JUEGOS INTERACTIVOS: pbsocal.org

CANAL DE YOUTUBE: @FamilyMathKids

Manténgase al día con nuestro boletín mensual

Para obtener más información, síganos en
Instagram [@familymathkids](https://www.instagram.com/familymathkids) y visite pbsocal.org/education



Help Me Grow LA

PARENT AND FAMILY CAFÉ!

Saturday, November 9, 2024

9:30-10:30 am

Friday, December 6, 2024

9:30-10:30 am

[FREE: REGISTER HERE!](#)



MLK Community Health & Trauma Prevention Center 11833
Wilmington Ave, Los Angeles, CA 90059

A safe space to gather, support other parents, share stories and experiences, plus learn about important resources for child development or special health care needs.



Help Me Grow LA

CAFÉ DE PADRES Y FAMILIA !

Sábado 9 de Noviembre de 2024
9:30-10:30 am

Viernes, 6 de Diciembre de 2024
9:30-10:30 am

**INSCRÍBASE AQUÍ,
ES GRATIS**



MLK Community Health & Trauma Prevention Center

11833 Wilmington Ave,
Los Angeles, CA 90059

Un espacio seguro para reunirse, apoyar a otros padres, compartir historias y experiencias, además de aprender sobre recursos importantes para el desarrollo infantil o las necesidades especiales de salud.

Hosted by SPA 8 Health Neighborhood


Building Your Village: The California Abundant Birth Project Application Workshop

NO STRINGS ATTACHED.

Apply for the chance to receive a monthly cash gift during pregnancy and postpartum.

RSVP for a Free meal: →

 **Curtis Tucker Center for
Community Wellness**
123 W Manchester Blvd
Inglewood, CA 90602

 **November 9, 2024**
Saturday, 11am-1pm



<https://www.surveymonkey.com/r/ZJDKFGL>

Eligibility

- Live in Alameda, Contra Costa, Los Angeles, or Riverside counties
- Be 8-27 weeks pregnant at the time of the Abundance Drawing
- Meet income requirements*
- Meet **ONE** of the top five risk factors for preterm birth, including:
 - Identifying as Black
 - Have had a previous preterm birth
 - Have preexisting hypertension
 - Have preexisting diabetes
 - Have sickle cell anemia (SCA)





Enrolling ages 0-2 years for
FREE Early Care & Preschool

ENROLLMENT & HEALTH FAIR

Saturday, November 9, 2024
10:00am until 1:00pm

Chapel of Peace 1009 N. Market Street Inglewood, CA 90302



FREE FOOD & SNACKS

Food and snacks for adults and children provided at the fair.



ST. JOHN'S MOBILE CLINIC

St. John's Mobile Clinic will provide vaccinations to eligible children.



FREE DENTAL/HEALTH SERVICES

Offering services to children who qualify.



ENROLL ON SITE!

Join a community of families dedicated to their children's early care and education.



KID'S STATION

Get ready for fun with a dedicated kid zone! Arts & crafts, a ball pit, and bubbles.

Why enroll with us?

- Options include Family Child Care Homes or Center-based care
- Social and emotional development
- Potty Training Assistance
- All disabilities welcome!
- Offering a location near you

Want to enroll? Bring:

- Child's Birth Certificate
- Proof of Residency
- Proof of Immunizations
- Proof of Income
- Medical Insurance Card

CALL FOR
INFORMATION



(323) 421-1100

Scan to RSVP



Our Early Head Start and Head Start programs serve the communities of **South Los Angeles, Compton, Gardena, Hawthorne, Inglewood, Lynwood** and surrounding areas.

CrystalStairs.org



¡Inscripciones para niños de 0 a 2 años para cuidado temprano y preescolar GRATIS!

FERIA DE INSCRIPCIONES Y SALUD

Sábado 9 de noviembre de 2024

10:00 de la mañana a 1:00 de la tarde

Chapel of Peace 1009 N. Market Street Inglewood, CA 90302



COMIDA Y BOCADILLOS

Se regalará en la feria comida y bocadillos para los adultos y niños.



CLÍNICA MÓVIL DE SAN JUAN

La Clínica Móvil de San Juan proporcionará vacunas a los niños elegibles.



DENTAL GRATUITO/SERVICIOS DE SALUD

Servicios dentales y de salud gratuitos.



¡INSCRÍBETE EN EL SITIO!

Únase a nosotros a una comunidad de familias dedicadas al cuidado y educación temprana de sus hijos.



ESTACIÓN DE NIÑOS

Prepárate para divertirte con una zona exclusiva para niños! Manualidades de Arte, piscina de pelotas y burbujas.

PARA MAS INFORMACION LLAME AL

(323) 421-1100



¿Por qué inscribirse con nosotros?

- Las opciones incluyen cuidado infantil familiar o Atención domiciliaria o en centros
- Desarrollo social y emocional
- Asistencia para el entrenamiento para ir al baño
- ¡Todas las discapacidades son bienvenidas!
- Ofrecemos una ubicación cerca de usted

¿Para Registrarse? Trae lo siguiente

- Acta de nacimiento de el niño/a
- Comprobante de residencia
- Comprobante de vacunas de el niño/a
- Comprobante de ingresos
- Tarjeta de seguro medico de el niño/a

Escanear Para Registrarse



Nuestros programas Early Head Start y Head Start sirven a las comunidades del sur de Los Angeles, Compton, Gardena, Hawthorne, Inglewood, Lynwood y áreas circundantes.

CrystalStairs.org

TUESDAY
NOVEMBER 12, 4-8PM

**FREE
WORKSHOP**

Beads & Banding

Exploring mental health first aid awareness through Kandi bead bracelet/ Perler bead making. Offering a therapeutic outlet for expression and relaxation.

Martin Luther King Jr. Center for Public Health
11833 S. Wilmington Avenue Los Angeles, CA 90059
Contact: Shamika Ossey Sossey@ph.lacounty.gov 323-568-8762



MARTES

NOVEMBER 12, 4-8PM

**TALLER
GRATUITO**

PARTICIPA EN NUESTROS EMOCIONANTE TALLER

Cuentas y conexión

Explora la concientización sobre primeros auxilios de salud mental a través de la fabricación de pulseras Kandi o de cuentas Perler. Ofreciendo un espacio terapéutico para la expresión y la relajación.

Martin Luther King Jr. Center for Public Health
11833 S. Wilmington Avenue Los Angeles, CA 90059

Contacto: Shamika Ossey
Sossey@ph.lacounty.gov
323-568-8762



COUNTY OF LOS ANGELES
Public Health

Health & Wellness

Collaborative

Join us to learn about upcoming FREE events and health services offered at Martin Luther King Jr. Center for Public Health & learn more about Green Dot Public Schools. Have breakfast with us to expand your network and introduce your organization to other local community leaders!



November 19th, 2024



9:00am-11:00am



**Martin Luther King Jr.
Center for Public Health**
(Community Engagement Room)
11833 Wilmington Ave
Los Angeles, CA 90059

CONTACT US



Julio Munguia
Julio.munguia@animo.org



Lisa Soulinthong-Reynoso:
lsoulinthong2@ph.lacounty.gov

RSVP BY NOV 15TH

Scan QR code or use the link below

https://docs.google.com/forms/d/e/1FAIpQLSe_5fKFFYstrMixhFIGbS2VMGJw3aZ9YdJDckQW12s6Dxna/tw/viewform





South
Central
Heals

Community Convening

Tuesday, November 19, 2024
4:30 PM - 6:30 PM

At Ascot Public Library

120 W Florence Ave, Los Angeles, CA 90003

Join us to :



ENJOY

Free Dinner and raffles
TURKEY GIVEAWAY

Limited supplies first come first served.

CONTRIBUTE

Share Your Thoughts

Contribute to a community health
action plan

GET

Community Resources

- Get on **low income housing lists**
- Fill out **utility assistance forms**

REGISTER

To register click the link
https://bit.ly/SCH_communitymeeting
or scan the QR code



SCAN
ME

WHO WE ARE

South Central Heals, a collaboration between **Esperanza Community Housing**, **St. John's Community Health**, and the **Los Angeles Department of Public Health**, aims to engage the community members to identify health needs, connect residents with resources, and develop an action plan for improved health outcomes.



Call or text us with
any questions:
(213) 373-1384

Presented by:





South
Central
Heals

Convocatoria Comunitaria

martes 19 de noviembre de 2024
4:30 PM - 6:30 PM

En Biblioteca Ascot

120 W Florence Ave, Los Angeles, CA 90003

Acompáñenos y:



Comida y Rifas Gratis

Regalo de un pavo

DISFRUTE
Cantidad limitada por orden de llegada.

COLABORE

Comparta Su Opinión

Colabore en un plan de acción de salud comunitaria

OBTENGA

Recursos Comunitarios

- Inscríbese en las listas de **vivienda para personas con bajos ingresos**
- Rellenar formularios de **ayuda con los pagos de utilidades**

REGISTRESE

Para registrarse, escanee el código qr, o visite el enlace:

<http://tinyurl.com/communityconvening>



Escanear

¿Qué Necesitamos?

South Central Heals, una colaboración entre Esperanza Community Housing, St. John's Community Health, y el Departamento de Salud Pública de Los Ángeles, tiene como objetivo involucrar a la comunidad en identificar necesidades de salud, conectar a los residentes con recursos, y desarrollar un plan de acción para mejorar la salud.

Llámenos o envíenos un mensaje de texto con cualquier pregunta:

(213) 373-1384

Presentado por:



Claris Health

November Calendar

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
<p>SC: Support Center 1609 S. Barrington Ave.</p> <p>LYN: Lynwood Clinic 3737 Martin Luther King Jr. Blvd. #205, Lynwood 90262</p>	<p><i>For families with children under the age of 5</i> Got questions? niki@clarishealth.org, (310) 820-2560 Preguntas? blanca@clarishealth.org, (323) 299-9977</p>				1 10am: Grupo de Apoyo (Zoom)	2
3	4 10am: Mami y Yo: ESPAÑOL (LYN)	5 10am: Raising a Reader (SC)	6 10am: Grupo de Apoyo (Zoom) 1pm: Breakthrough Parenting (Zoom) 7pm: EMA: Roles & Routines (Zoom)	7	8 10am: Grupo de Apoyo (Zoom)	9
10	11	12 10am: Raising a Reader (SC)	13 10am: Grupo de Apoyo (Zoom) 1pm Breakthrough Parenting (Zoom)	14	15 10am: Grupo de Apoyo (Zoom)	16
17	18 11am: Preventative Health Workshop (Shields for Families)	19 10am: Raising a Reader (SC)	20 NO Grupo de Apoyo 1pm Breakthrough Parenting (Zoom) 7pm: EMA: Discipline (Zoom)	21 11am: Mommy & Me: ENGLISH (LYN)	22 NO CLASS	23
24	25	26 10am: Raising a Reader (SC)	27 NO Grupo de Apoyo 1pm Breakthrough Parenting (Zoom) NO EMA Class	28	29 NO CLASS	30



Community Resource Center

<https://www.communityresourcecenterla.org>

LA Care Community Resource Centers offer free in-person classes and services to help keep the community active, healthy and informed.

Locations (in SPA5 &6):

- [West LA Center](#)
- [Lynwood](#)
- [South LA](#)

On-Demand Classes

Youtube: Community Resource Centers
([LINK](#))

Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.



Rapid Response Senior Meal Program

[The City of Los Angeles Department of Aging Rapid Response Senior Meals Program \(RRSMP\) is now open for enrollment.](#) The RRSMP offers (5) home-delivered meals weekly to individuals 60+ in the City of Los Angeles, prioritizing those with the most significant economic and social needs.

To sign up: <http://tinyurl.com/54whawar>

To check if you are within LA City limits: <http://tinyurl.com/4jk82dmn>





Who Do I Call for Help?

9-1-1

to report crimes, fires, and medical emergencies when law enforcement, firefighters, or paramedics are needed



800-854-7771

for crisis response teams in the field or mental health and substance use resources through the 24/7 LACDMH Help Line



9-8-8

for support with suicidal crisis or mental health-related distress



988 | SUICIDE & CRISIS LIFELINE

2-1-1

for general information on local resources or linkages and referrals to health, human, and social services



¿A Quién Llamo para Pedir Ayuda?

9-1-1

para reportar delitos, incendios y emergencias médicas cuando se necesitan agentes de la policía, bomberos, o paramédicos



800-854-7771

para equipos de respuesta rápida a crisis en la comunidad o recursos de salud mental y uso de sustancias a través de la línea de ayuda LACDMH disponible 24/7.



9-8-8

para apoyo en crisis de suicidio o dificultades relacionadas con la salud mental



988 | SUICIDE & CRISIS LIFELINE

2-1-1

para obtener información general sobre recursos locales o vínculos/enlaces y referencias a servicios de salud, servicios humanos y sociales

